

Order of Service - DATE

Perseverance

Celebrant - Laura Kushner - In-Person

Reflection Title - “One Grain of Rice”

	Component	Person	Title/Description	Audio Source	Video Source
1	Display Order of Service			[Audio Playlist]	[Slideshow]
3:25 - Check that the celebrant and welcome speaker are ready. 3:30 - Introductory technical announcements - Mute All and invite the first speaker to unmute. Cue for Welcome Speaker = “Recording Started”					
2	Welcome/Board Minute	Alice	Welcome Script Revised 2022.09	[Speaker]	Camera
3	Chalice Lighting	Laura	attached	[Speaker]	Camera
4	Song	Markus	#389 Gathered Here	Video-Audio	[video]
5	Time for All Ages	Laura	“One Grain of Rice”	Speaker	Camera
6	Joys and Sorrows	Chris		[Speaker]	Camera (auto switch)
7	Meditation	Laura		Speaker	Camera
7	Song	Markus	#1058 Be Ours a Religion	Video-Audio	[video]
8	Reading	Melissa	Robin Kimmerer	[Speaker]	Camera
9	Anthem	Markus	Unbreakable - Coco Love Acorn	Video-Audio	
10	Reflection	Laura	One Grain of Rice	[Speaker]	Camera
11	Interactive	Laura	Question	[Speaker]	Camera Slideshow]

11	Share the Plate for May	Chris	Angels for Action	[Speaker] Al	Camera Slideshow]
13	Closing Song	Markus	#1015 I Know I Can	Video-Audio	[video]
14	Closing Words	Chris		Speaker]	Camera
	coffee hour				

Reflection Theme/Summary for Newsletter

Laura Kushner will be joining us in person on November 13th.....

WORSHIP MATERIALS and LINKS

Chalice Lighting

By Rev. Vanessa Southern

We light our chalice, symbol of our faith,
 For truth, sought through a questioning heart and an attentive mind;
 And for love, pursued through obstacles inside and outside our own human heart;
 And for forgiveness, and all it entails—
 The place where truth and love meet and merge.

Readings

Today's reading is from Robin Wall Kimmerer's book Braiding Sweetgrass.

Being a good mother meant fixing the pond for my kids. A highly predictive food chain might be good for frogs and herons, but not for swimming. The best swimming lakes are not eutrophic, but cold, clear and oligotrophic (älege'träfik), or poor in nutrients.

My attempts at skimming were useless. I was addressing only the symptoms of scum and not the cause. I read as much as I could about pond rehabilitation and weighed my options. To undo what time and ducks had accomplished I needed to remove nutrients from the pond, and not just skim the foam. When I waded in the shallow end of the pond, the muck squished between my toes, but beneath it I could feel the clean gravel that was the pond's original basin. Maybe I could dredge up the muck and cart it away in buckets. But when I brought my broadest snow shovel to scoop up the mud, by the time it reached the surface there was a brown cloud all around me and a mere handful of

soil in the shovel. I stood in the water laughing out loud. Shoveling muck was like trying to catch wind in a butterfly net.

Next I used old window screens to make a sieve that we could lift up through the sediments. But the muck was far too fine and my improvised net came up empty. This was not ordinary mud. The organic matter in the sediment occurs as tiny particles, dissolved nutrients that flocculate in specks small enough to be blithe-size snacks for zooplankton. Clearly, I was powerless to haul the nutrients out of the water. Fortunately the plants were not.

A mat of algae is really nothing more than dissolved phosphorus and nitrogen made solid through the alchemy of photosynthesis. I couldn't remove nutrients by shoveling, but once they are fixed into the bodies of plants they can be forked out of the water with the application of biceps and bent back and carted away by the wheelbarrow full.

Progress was slow with the pond restoration hours squeezed between years worth of Girl Scout meetings, bake sales, camping trips, and a more-than-full-time job. All moms have treasured ways of spending their few precious hours they have to themselves, curling up with a book or sewing, but I mostly went to the water, the birds and the wind and the quiet were what I needed. This was one place where I somehow felt as if I could make things right. At school I taught ecology, but on a Saturday afternoon when the kids were off at a friend's, I got to *do* ecology.

Closing Words

Our closing words are by Rev. Dr. Cynthia Landrum
Be True, Be Well, Be Loving

We leave this gathered community,
But we don't leave our connection,
Our concerns, our care for each other.
Our service to each other, to the world, and to our faith continues.
Until we are together again, friends,
Be strong, be well, be true, be loving.

Action Items - Emails

- ~~Confirm Welcome Speaker/Share the plate~~
- ~~8th Principle~~
- Readers

- Tech Person
- Time for All Ages
- Invite Lilly/Sarah